**COMPLEMENTARY SOFT PORRIDGE RECIPES**

1. **WHOLE MAIZE, GOAT MEAT AND VEGETABLE PORRIDGE**

**Ingredients**

¾ Cup water

2 table spoons whole maize flour

1 Tablespoon goat powder

Pinch table salt

1 tea spoon of pounded vegetables

1 tea spoon Sugar

**Method**

1. Mix the whole maize flour and pounded goat meat with cold water in a pot

2. Put the pot on fire and continue stirring until the mixture starts boiling

3. Allow the porridge to boil on low heat for 10 minutes.

4. Add pounded vegetables and allow to cook for two to three minutes

5. Add salt and sugar

6. Feed the child while still warm but not hot

*Yield:* One third cup

1. **MAIZE + NUA45 BEANS + GROUNDNUT PORRIDGE WITH VEGETABLES**

**Ingredients**

¾ Cup water

2 tablespoons of Maize, NUA 45 and Groundnut flour

Pinch salt

1 tea spoon pounded leafy vegetables

1 tea spoon Sugar

**Method**

1. Mix the flour with the cold water in a pot

2. Continue stirring until the mixture starts boiling

3. Allow the porridge to boil on low heat for 10 minutes

4. Add pounded vegetables and allow to simmer for two to three minutes

5. Add salt and sugar

6. Feed the child while still warm but not hot

1. **MAIZE AND SOY FLOUR PORRIDGE (LIKUNI PHALA) WITH VEGETABLES**

**Ingredients**

¾ Cup Water

2 Tablespoons Likuni Phala flour

Pinch salt

1 teaspoon Pounded leafy vegetables

1 teaspoon Sugar

**Method**

1. Mix the flour with the cold water

2. Continue stirring until the porridge starts boiling

3. Allow the porridge to boil on low heat for 10 minutes.

4. Add pounded vegetables and allow to simmer for two to three minutes

5. Add salt and sugar

6. Feed the child while still warm but not hot

*Yield: One third cup*

**MAIZE AND SOY FLOUR PROCESSING**

**Method**

1. Clean and sort 4 parts of Maize

2. Clean soya beans by removing stones, dirty and moldy beans.

3. Boil adequate water depending on the amount of soya beans (1 part soybeans to 3 parts water).

4. Drop the beans into boiling water without causing the water to stop boiling.

5. The soybeans should boil for at least 30 minutes, when the seed coats are easily removed.

6. Remove soybeans from the fire, drain off the water and rinse in cold water.

7 . Remove the skins of the cooked beans (Dehulling) by rubbing between hands while rinsing with cold water.

8. Dry the dehulled beans in the sun until they are fully dry and do not stick to each other

9. Measure 1 part dehulled soy beans

10. Mix 4 parts of maize and with 1 part dehulled soybeans

11. Mill the mixture into flour

**MAIZE, NUA 45 BEANS AND GROUNDNUTS FLOUR**

**Method**

1. Clean and sort 8 parts of maize grains, 1 part of ground nuts and 1 part of NUA 45 beans. Making sure to remove shriveled, discolored and moldy groundnuts

2. Boil adequate water depending on the amount of the beans.

3. Drop the beans into boiling water without causing the water to stop boiling.

4. Boil for 15 to 20 minutes

5. Remove the beans from the water and roast/bake in an oven for 45 minutes

6. Remove the beans from the heat and sun dry.

7. Mix the maize, groundnuts and the NUA 45 beans and mill into flour.

**GOAT POWDER PREPARATION**

**Method**

1. Clean and wash the goat meat
2. Drain water
3. Slice the meat and remove visible fats
4. Boil the defatted meat for 3 hours
5. Chill the cooked meat overnight at 40C
6. Ground the meat and dry.
7. Further ground the meat into a finer powder
8. Sieve the powder through a 0.5 mm holes.